

## Claims

1. A twist machine for whole body exercise comprises:  
a base;  
5 a rotary post rotatably mounted on the base;  
a seat provided on the top of the rotary post;  
a handle operatively associated with the rotary post for rotation about  
the rotary post; and  
a reverse rotator for causing the rotary post and the handle to turn in an  
10 opposite direction with each other when one of the rotary post and the handle  
is subjected to forcible rotation.
2. The twist machine as recited in claim 1, wherein the reverse rotator is  
provided with a sun gear affixed to the rotary post, a plurality of planetary  
15 gears rotatably mounted to the base in a meshing engagement with the sun  
gear, and a ring gear fixedly secured to the handle in a meshing engagement  
with the planetary gears.
3. The twist machine as recited in claim 1, further comprising a leg  
20 support unit affixed to the seat for supporting legs of the user sat on the seat.
4. The twist machine as recited in claim 3, wherein the leg support unit  
includes a slide bar length-adjustably assembled to the seat and a leg rest  
installed at the slide bar to support the ankle of the user.  
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5. The twist machine as recited in claim 2, wherein the handle includes a  
fixed frame vertically affixed to the ring gear, a movable frame length-  
adjustably assembled to the fixed frame in a vertical direction, a pair of first  
horizontal support bars length-adjustably assembled to opposite ends of the  
movable frame in a lateral direction, a pair of second horizontal support bars  
30 length-adjustably assembled to each end of the first horizontal support bar,  
and a pair of handle bars fixedly secured to each end of the second horizontal  
support bars so that the user can grip the handle bars.